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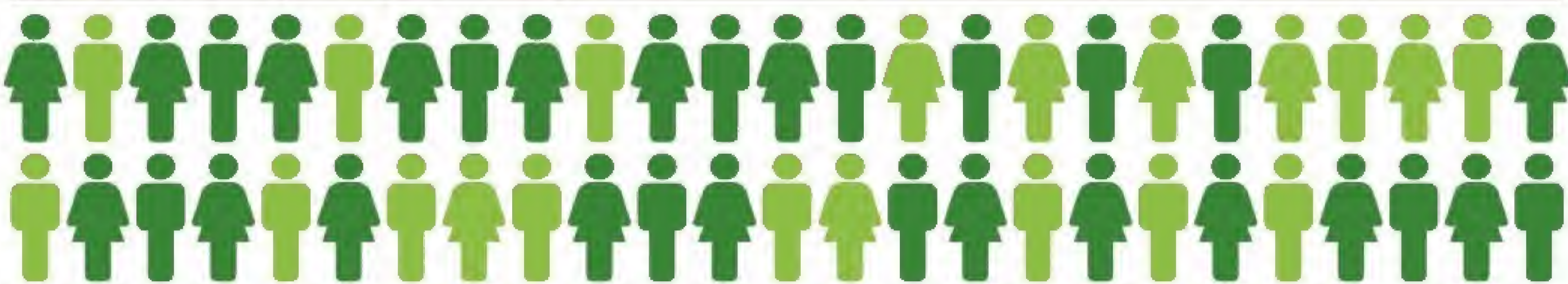


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Rethinking sex assault cases



For every 100 sex crimes reported by adult and child victims in Ottawa in 2014, just 39 of them were charged — the lowest in seven years

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2010: 410/846

2011: 365/788

2012: 431/855

'The charging rate is still

CRIME

Victims' groups want police to rethink sex assault cases



Joe Lofaro
Metro | Ottawa

Victims' groups in Ottawa are calling on the city's police force to rethink how it treats sexual assault cases to address what they see as an alarmingly low number of charges laid in sex crimes.

They are speaking out in response to Metro's analysis of Ottawa police data, which shows the number of sexual assault cases that led to a charge — also known as the charge rate — fell to its lowest level in seven years in 2014.

Between 2008 and 2014, charges were laid in no more than half of the city's sexual assault

cases, according to the police data.

When shown the new data, Sunny Marriner, executive director of the Ottawa Rape Crisis Centre, said it reinforced her belief that police need to work toward letting outside experts properly review sexual assault files to know why so few lead to charges.

"This isn't a matter of creating more training or setting up more community collaborative tables or more committees — we've done that for 30 years," she said.

"I think it's time to turn to the evidence of what's actually made measurable change. Most often, that's case review."

But police say crimes such as sexual assaults are getting more complex and difficult to investigate these days. Veteran police officer John Maxwell, who works in Major Case Investigations, says the force lays charges when it can.

"If we close a file without a charge, then there's a good

reason for it. This is what we do," he said.

"They're very dedicated, well-trained, professional (officers)."

Metro obtained a new set of detailed data on sexual assaults and assaults from Ottawa police by filing a request under the Municipal Freedom of Information and Protection of Privacy Act.

The raw data is a snapshot in time as of July 2015 and police caution they have yet to analyze it.

The released data covers all types of sexual assaults on adults and children, including — but not limited to — sexual assault, sexual exploitation, aggravated sexual assault, and sexual assault with a weapon. Charges such as voyeurism and child luring were excluded from Metro's analysis.

The rate at which charges were laid for sexual offences in 2014 dropped by 10 per cent compared to the rate in 2008, according to the data.

But advocates who work in the field of violence against women, as well as one Univer-

sity of Ottawa professor, say the charge rate doesn't paint an entirely accurate picture. If the data excluded sexual assaults on minors, the charge rate would plummet even lower, they say.

Last fall, University of Ottawa professor Holly Johnson released her study on sexual assaults in Ottawa and found that only 19 per cent of reported sexual assaults from 2009 to 2013 re-

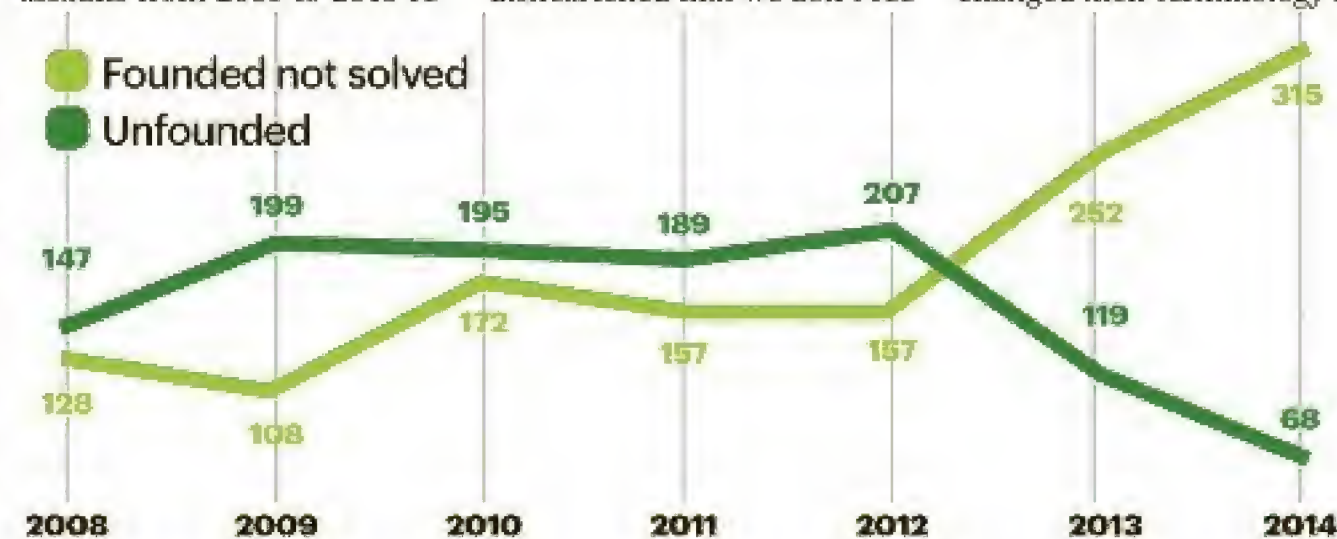
sulted in charges being laid. Her set of data, which is different from that obtained by Metro, focused exclusively on female adults.

In any case, the charge rate has remained relatively stagnant over the years, which is a concern to victims' groups.

"I'm not surprised that we haven't seen a large change. I'm disheartened that we don't see

better results after 30 years," Marriner said.

What did change around 2013 was how Ottawa police officers cleared sexual assault complaints that did not result in charges. Until then, officers used the term "unfounded" for cases in which officers deemed there wasn't enough evidence to lay a charge. Police have since changed their terminology and



FOUNDED NOT SOLVED VS. UNFOUNDED

1310 NEWS

TM

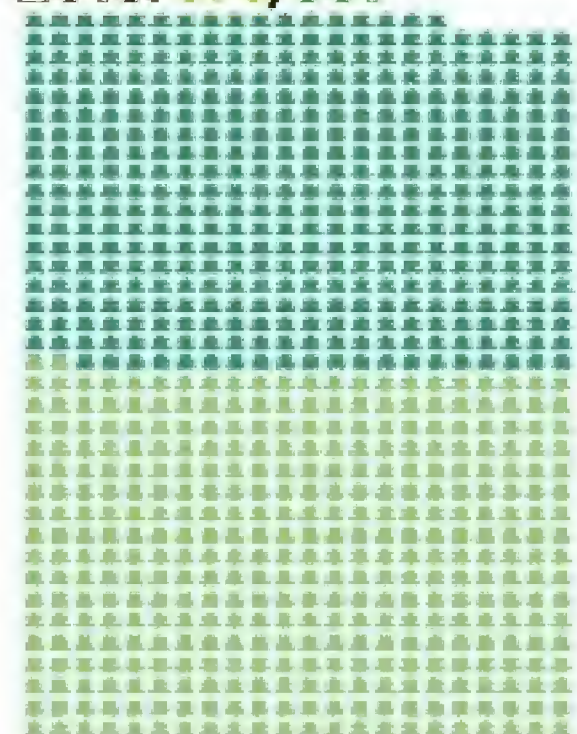
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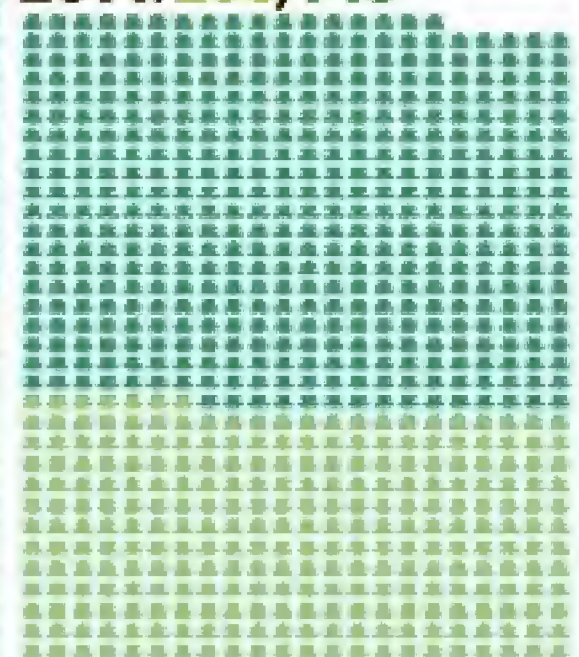
with Mark Sutcliffe

WEEKDAYS 9am-1pm

2013: 376/831



2014: 293/743



SEX ASSAULT CASES VS. CHARGES LAID

Number of sex assault cases

5409

Total charges laid

2498

too low'

now classify those types of cases as "founded not solved."

Unfounded is still used when — after an initial investigation — an officer determines that a crime did not occur.

"Despite this change, the charging rate is still too low," said Erin Leigh, executive director of the Ottawa Coalition to End Violence Against Women.

"It's really good that they're using the founded not solved code instead of unfounded. It's really useful, I think, to challenge what can sometimes be a perception and the stereotype that some women are lying, they're a jilted lover.

"But is the charge rate high enough? We would argue that it's not high enough. The evidentiary burden, coupled with potential ongoing bias in how policing is performed based on data that we saw from Holly Johnson's survey, contribute to a low charging rate."

Technology can make crimes such as sexual assaults more difficult for police to investigate,

Maxwell said.

"My (detectives) in there are working full speed, cases are getting more complex. There's a high-tech angle to almost every single crime these days and I'm talking robberies, domestic violence, and homicide," said Maxwell.

The top three reasons for police not laying a charge in sexual assault cases, according to the data, are: investigators deeming cases unfounded, investi-

gators deeming cases founded not solved, and police using what's known as "departmental discretion."

Departmental discretion is when the Sexual Assault and Child Abuse Unit decides to pursue non-criminal means to clear a case. The officer could, for example, give a warning to an accused, refer him or her to a treatment program, or recommend he or she is disciplined at the workplace.

Last week, Metro reported on what some advocates say is a "shocking" number of sexual assaults deemed unfounded by Ottawa police — 2,538 between 2000 and 2015.

At the time, Maxwell explained that sometimes com-

plainants opt against laying charges for a variety of reasons.

But it turns out that doesn't happen very often at all, according to the police data.

In fact, among the 673 sexual assault reports in 2010, only 22 did not go forward to the charge stage because a complainant didn't want to, according to the data.

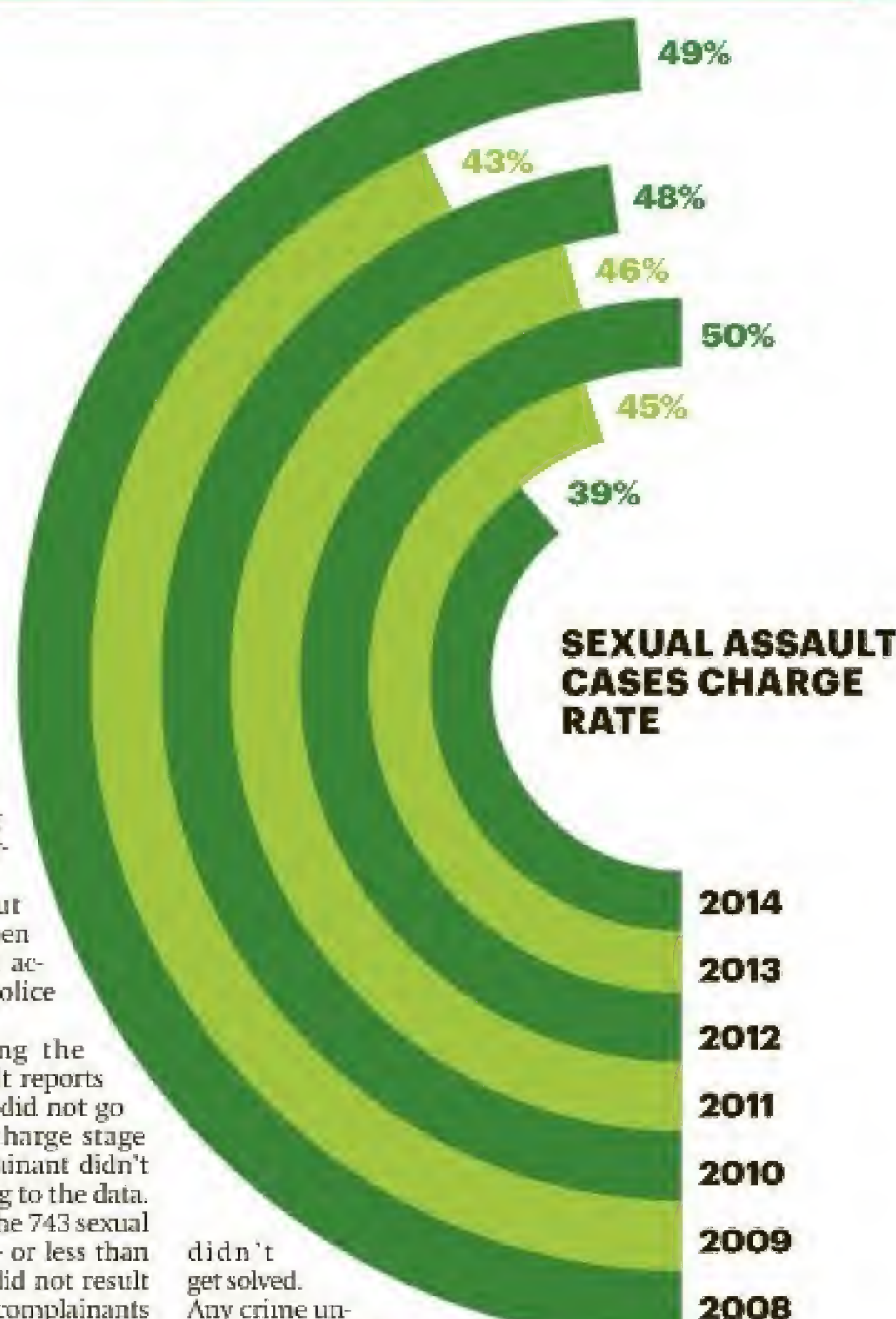
In 2014, 33 of the 743 sexual assault reports — or less than five per cent — did not result in charges due to complainants changing their minds.

"I see that the numbers say that that's not a big part of that," said Maxwell, when shown the data obtained by Metro.

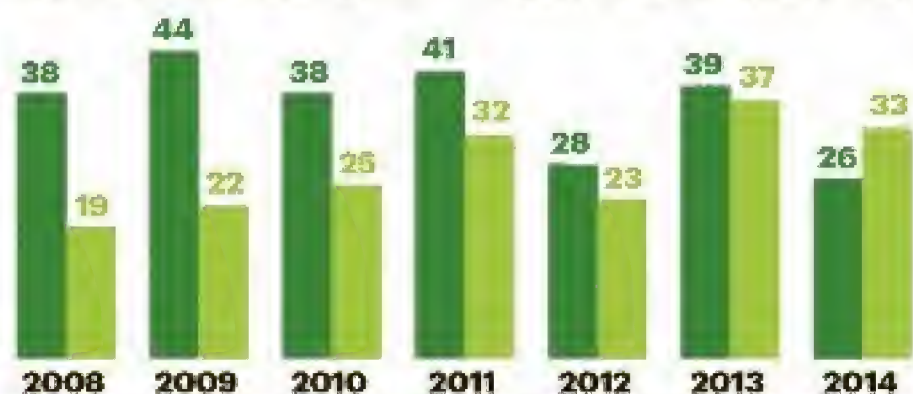
The data also shows that when the number of unfounded cases dropped, the cases deemed founded not solved skyrocketed.

The number of founded not solved sexual assaults doubled in a span of only two years. It reached its highest level in the seven-year period in 2014 at 315 cases. In 2012, before the change in practice, the number was 157.

"That looks like a lot, doesn't it? You'd have to pull out every single file and look at why it



SEXUAL ASSAULT CASES CHARGE RATE



Departmental discretion

Complainant won't lay charges

DEPARTMENTAL DISCRETION VS. COMPLAINANT WON'T LAY CHARGES

didn't get solved. Any crime unsolved is troubling and worrying, and sexual assault, all the more," said Maxwell.

"That's an upward spike that I'd like to see level off a little bit. We knew it would go up and it did."

Both Marriner and Leigh argue that charging rates will improve only when police forces everywhere change their attitudes about sexual assault complaints.

Aside from adopting a case review model — an initiative both women have been working on with police for more than two years — police officers in all jurisdictions need to be aware of

a potential "unconscious bias" toward female victims, they said.

"Forty-five years ago, women weren't even allowed to testify in court without corroboration. So, women's word in the legal system and women's testimony in the legal system has been treated as suspect for over 300 years of common law," said Marriner.

"When you live in a culture that's informed by a foundation of certain values, that doesn't just go away because you change the laws.

"We don't just change and shift societal attitudes overnight."

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Communities that barter together expand together

LIFESTYLE

Swapping a growing trend in Ottawa

Sara Ericsson
For Metro | Ottawa

A budding new culture is being shared across Ottawa.

People are swapping and gifting things — including material items and services — without spending a cent.

Ayn MacDonald became the Ottawa Swap Meet group organizer in May 2011 after her divorce and the founding of her own business left her short on cash. She saw swapping as an interesting opportunity.

"I had to find a way to get new things, meet new people, and get on with my life — it just made sense," she says.

The group has over 400 members on Meetup, 200 of

which are seasoned swappers and participate regularly in swap meets, says MacDonald.

The swapping and gifting trend is growing, with groups such as Toronto's Bunz expanding their reach over multiple cities in Canada and the United States and drawing investors.

MacDonald says she's seen more growth in the trend over the past year than ever before.

She says swapping is budget-friendly and has a "slew of other advantages" including social and environmental benefits, allowing people to make friends and keep clothes from piling up in landfills.

"The feeling you get when you see someone else loving that piece of clothing, there's something inside of you that just lights up," MacDonald says.

The Ottawa group mainly swaps clothing, but items such as wigs and funky Halloween costumes can pop up at events.

MacDonald also participates



Ayn MacDonald, who organizes the Ottawa Swap Meet group, shows off a wig from one of the meet-up events. SARA ERICSSON/FOR METRO

in a gifting initiative called the Buy Nothing Project.

Adrienne O'Reilly, a regional administrator for Buy Nothing Project groups in Canada, says the project differs from swapping — it creates hyper-

local gift economies where money is banned and items and services are given out in-kind.

Nothing is received in return.

"It's a way for people to say 'I need this help,' without being

looked down upon," she says.

The project includes 11,791 members in Ottawa alone. It's run through Facebook, where group members list items they're giving away within their area.

DEVELOPERS

Watson's housing demand

If developers want tax dollars for site decontamination, they should have to build some affordable housing in return, Mayor Jim Watson said Tuesday.

Watson has asked staff to look at options for including such a requirement in future brownfields grant agreements, including the massive LeBreton Flats project. He argued if the city's going to shell out a "significant benefit," the developer should also give back.

"We want the companies to recognize there are over 10,000 people on a waitlist for affordable housing," he said. The brownfields program helps develop contaminated land that would otherwise be too expensive to rehabilitate. The city waives development charges and some taxes. It's revenue neutral, says city treasurer Marian Simulik.

On Tuesday, the finance committee approved a \$15.8 million grant for the Oblates land redevelopment in Old Ottawa East, with no affordable housing clause. EMMA JACKSON/METRO

WAR COMES WITH A PRICE

THE SHOCKING SEASON FINALE

X-COMPANY TONIGHT at 9

John McCallum faces off against private sponsors

REFUGEE CRISIS

Feds quietly stopped making sponsorship a top priority

Responding to public outrage over delays in bringing Syrian refugees to Canada, Immigration Minister John McCallum will meet with private sponsorship groups on Thursday to explore options.

"What I can say to you right now is I'm doing everything in my power to speed the process up as much as we can to admit as many Syrian refugees as possible, as quickly as possible," he told dozens of protesters on his way to a luncheon hosted by the C.D. Howe Institute Tuesday.

"We have to do it as quickly as possible and I know you want to help. I appreciate that. ... I will be meeting with (former Toronto mayor) John Sewell to talk about it in more detail."

It was the first faceoff between



Immigration Minister John McCallum THE ASSOCIATED PRESS

the embattled McCallum and members of private sponsorship groups since Ottawa quietly stopped making it a priority to process Syrian sponsorship applications, shortly after meeting its goal of bringing in 25,000 Syrian refugees by the end of

February.

Last week, the government did briefly extend the deadline for community and faith groups to submit new applications, but refugee sponsors were further angered by the 24-hour notice they had to finish incomplete

applications.

Three dozen people from various sponsorship groups — many of them elderly — braved the bitter cold to get their message across.

"The government really needs to put the staff back in place to deal with the refugee families already assigned to the sponsors," said Vandra Masemann of the Safe Haven sponsorship group. "This is not just about the Syrians, but Canada's policy about refugees in general."

Raising a sign that said "We are sunny ways," in reference to Prime Minister Justin Trudeau's victory speech in championing optimism, her friend, Pamela Harris, said the slowdown in processing Syrian files doesn't make sense in light of the public support of the sponsorship program.

Sewell said he would ask the immigration minister to restore staffing capacity to process the Syrian applications and bring families already with applications in the system to Canada in three months and no later than the end of July. TORSTAR NEWS SERVICE

POLITICS

MPP causes uproar after 'vulgar' joke

A Progressive Conservative MPP made "crude and vulgar" comments to a woman who is his federal Liberal counterpart in an Ottawa Valley riding, embarrassing her and many in the audience at a "men's night" cancer fundraising event attended by 350 people.

Jack MacLaren cracked a coarse "joke" about MP Karen McCrimmon, a former air force squadron commander and parliamentary secretary for Veterans Affairs in Justin Trudeau's cabinet, and her husband, Robert McCrimmon.

MacLaren, the MPP for Carleton-Mississippi Mills, had been among guests at the head table onstage. He was invited to read off greetings as the riding's representative at Queens Park when he took the mic. McCrimmon was among a number of women volunteers serving at the event in Carp.

According to people at the March 24 event who later spoke to Torstar News Service, MacLaren three times tried to summon McCrimmon to the stage. When she eventually joined him, he put his arm around her.



MPP Jack MacLaren
TORSTAR NEWS SERVICE

He "put her on the spot" over the impact on farmers of federal Liberal capital gains tax policy. He made a comment about her body, then shifted to stand behind the MP, saying, "I'm not getting behind you."

He then read off a joke about McCrimmon and her husband that referenced their sexual relationship, according to several who attended the fundraiser at the Carp Agricultural Hall.

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Leak threatens world leaders

PANAMA PAPERS

Iceland PM resigns, while others shirk questions

Within 48 hours, the largest leak of confidential documents in history has shaken the foundations of power around the world, triggering the resignation of Iceland's prime minister and sending political shock waves from Pakistan to Argentina to Ukraine.

Prime Minister Sigmundur Gunnlaugsson relented to withering public pressure Tuesday, stepping down as Iceland's leader one day after thousands gathered outside parliament in protest over revelations he held a secret offshore company.

The revelations were contained in the Panama Papers — a collection of 11.5 million documents leaked from the computers of a Panamanian law firm called Mossack Fonseca, obtained

by the German newspaper Süddeutsche Zeitung and the International Consortium of Investigative Journalists and shared with the Toronto Star.

Gunnlaugsson is far from being the only world leader exposed for hiding corporations and money in far-flung tax havens. Here are some leaders whose secret offshore financial dealings have come under scrutiny.

PAKISTAN

Leak: The children of Prime Minister Nawaz Sharif owned London real estate through companies created by Mossack Fonseca.

Response: Did not respond.

Fallout: Sharif has bowed to the opposition's demand for an independent investigation into the Sharif family holdings.

"This is a strange logic that if our children earn their legitimate money inside the country there is criticism, and if they work hard overseas and establish and run businesses, even then they are targeted by allegations," the PM said.

UNITED KINGDOM

Leak: The father of Prime Minister David Cameron was a Mossack Fonseca client who used the law firm to shield his investment fund — Blaimore Holdings, Inc. — from U.K. taxes. Ian Cameron, a millionaire stockbroker who died in 2010, used untraceable shareholder certificates known as "bearer shares" and employed "nominee" company directors in the creation of a Panamanian investment fund.

Response: Did not respond.

Fallout: When the dealings of Cameron's father were made public, the PM's office issued a terse statement that there would be no comment on what amounted to "a private matter." Cameron has since faced a barrage of questions about his financial affairs. On Wednesday, Cameron's office stated that neither the PM nor his wife or children currently have any offshore holdings.

TORSTAR NEWS SERVICE

FOR MORE DETAILED COVERAGE, VISIT metronews.ca



People protest in front of Parliament building in Reykjavik, Iceland, on Tuesday. The leak of millions of records on offshore accounts claims its first high-profile victim as Iceland's prime minister resigns amid outrage over revelations he used such a shell company to conceal a conflict of interest. DAVID KEYTON/THE ASSOCIATED PRESS

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U.S. ELECTION

Trump makes new wall proposal

Donald Trump would try to force Mexico to pay for a border wall by targeting billions of dollars in remittances sent by immigrants living in the U.S., according to a memo released by his campaign Tuesday.

The memo outlines in new detail how Trump would try to compel Mexico to pay for the 1,000-mile wall he's promised to build along the Southern border if he becomes president.

In his proposal, Trump threatened to change a rule

under the USA Patriot Act, an anti-terrorism law, to cut off a portion of the funds sent to Mexico through money transfers known as remittances. His plan would also bar non-Americans from wiring money outside of the U.S. unless they can provide documentation establishing their legal status in the country.

Trump said he would withdraw the threat if Mexico makes a one-time payment to finance the wall.

"It's an easy decision for

Mexico: make a one-time payment of \$5-10 billion to ensure that \$24 billion continues to flow into their country year after year," the memo reads.

"Good luck with that," President Barack Obama said Tuesday in response to questions about Trump's proposal. He warned of the ramifications such a plan would have on the Mexican economy which, in turn, would drive more immigrants to cross the border in search of jobs.

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ISTOCK

Banana splits less a-peeling

With expected shortages in everything from vanilla to bananas, your ice cream sundae ingredients will likely be a little pricier this summer. We melt down the reasons why sundae prices are set to rise.

TORSTAR NEWS SERVICE

VANILLA

The top flavour of ice cream in Canada is suffering because demand is outstripping supply. Madagascar, the African island nation that's one of the world's leading vanilla-bean producers, experienced a poor harvest in the past year. The bean price has more than tripled, which is attributable not only to lower supply but poorer quality, since some growers harvested the bean prematurely. So cakes, ice cream or even perfume could face rising prices.

CHOCOLATE

After demand for the addictive treat hit an all-time high of 7.1 million tons in 2015, the recent slump in production has the industry worried. The jump in consumption is happening just as consumers in countries like China and India are developing more of a taste for chocolate. Meanwhile, the Wall Street Journal reports production in Ghana — the second-largest cocoa-growing country in the world — has taken a dive.

PEANUTS

Climate change could have you shelling out more for the peanuts on that sundae, too. U.S. farmers have seen shifts in temperatures resulting in devastating droughts that have destroyed entire crops. And most of the peanuts consumed in Canada come directly from the U.S., according to the Peanut Bureau of Canada. However they need a very stable climate to grow properly. Five years ago, drought in the peanut-growing region in the southern states made the nuts and peanut butter more expensive. And the outlook isn't great.

BANANAS

Six decades after a banana-killing fungus all but wiped out plantations across Latin America, a new strain threatens to destroy global harvests, Bloomberg reports. While the fungus has been around since the 1990s and has yet to affect top exporter Ecuador, Fresh Del Monte Produce Inc. called it a potential "big nightmare." The UN says the disease threatens supply, and Latin American growers are taking steps to limit risk.

WORKPLACE

Canada Post wants labour disruption: Union

The union representing postal workers is accusing Canada Post of trying to provoke a labour dispute this summer.

That's because Canada Post filed notices of dispute on Monday with the minister of labour, requesting conciliation help in negotiations — a move which essentially starts the clock on a countdown to a strike or lockout.

"This is completely unprecedented. It is usually done when talks have broken down, and the parties are far apart," said

Mike Palecek, national president of the Canadian Union of Postal Workers.

"It has never happened this early in the process," he said, noting the company hasn't even finished presenting all its demands yet. "They are acting as if they want a labour dispute."

The union estimates a legal strike or lockout date could come in early July. But Canada Post spokesman Jon Hamilton said negotiations began late last year with little progress being made

on key issues.

"This brings in a third-party conciliator to work through issues," he said. "It's a productive step. It should be seen as helping both sides to sit down and get a deal."

While Hamilton refused to discuss any of the issues at the bargaining table, he said the company's goal is to get a deal that's "fair for employees, but respects the environment we are working in and the needs of our customers."

The union says Canada Post is seeking concessions on many fronts including benefits, job security and pensions, including switching new hires to a defined contribution plan from the current defined benefit plan.

It also says the company is unwilling to consider its proposals for service expansion and merging the two units — an urban one with 42,000 members — and the rural-suburban one with about 8,000.

TORSTAR NEWS SERVICE

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

My girlfriend falls asleep during all our dates. She also ignores me when she's texting and forgets about plans we make. How do I see past all this and concentrate on her good qualities?

Hello Ellen,

I met this young lady at work, and we started hanging out. During that early phase, I felt like a priority. Fast forward six months, and I don't like where things are headed. Before, we'd meet up around 9:30 p.m., watch movies and chat until 3-4 a.m. Now, she comes over and sleeps. I mean immediately. Heavily. She also goes completely deaf when she's texting. I've talked to her about it, but she says it's not a big deal. Out of the last three movies we saw, she slept through two. But at movies with her friends, she stays awake. So now we just do dinner dates. She is also not good with prioritizing: all the plans I make are forgotten.

There are a lot of positive things in this relationship. But this problem is making it hard for me to see the good.

Regards, K.B.

Dear K.B.,

According to WebMD, narcolepsy is a neurological disorder that causes sudden, uncontrollable sleep attacks during any type of activity at any time of day. Research suggests it's genetic, and/or may be due to inadequate production of a chemical called hypocretin in the brain. There's no cure, but symptoms can be treated with drugs, from stimulants to

Rest assured, your girlfriend does not have narcolepsy, judging by the fact she stays awake around friends, but conks out the second she's alone with you.

antidepressants.

Rest assured, your girlfriend does not have this condition, judging by the fact she respectfully stays awake around friends and when you take her out for dinner, but conks out the second she's alone with you. Although I am not a doctor, I feel confident in offering the following, possible diagnoses:

1) Oblivious rudeness: Ignoring you while she texts, "forgetting" the plans you make, shrugging off your concerns — these are all signs of bad manners. I agree that intimate relationships are the one place you can comfortably take each other a tiny bit for granted. But, overall, good manners are never more important than with people we are closest to in our everyday life.

2) Malicious manipulation: She made you a "priority" at the beginning of the relationship. Now she's got her hooks into you, she's taking advantage and treating you badly. She's either the world's worst girlfriend and wants a partner/chump who'll put up with it. Or she's done with you, but selfishly continuing to use you until you clue in and dump her, at which point she can act like a victim and blame you for everything.

3) Conflicted feelings: Your girlfriend truly is a good person worthy of your love. But she's mixed up. She's falling asleep because her body can't hide the truth — e.g., she's not sure she wants to be in the relationship, she fears being intimate with you when you're alone together, she cares for you but can't stand

the thought of hurting you by revealing her doubts.

At the end of the day, though, it doesn't matter what the reasons are. Her behaviour, whether it's unconscious or deliberate, is preventing the possibility of a good, healthy relationship.

You sound like a considerate, well-mannered person in your letter, but I hope you won't make the mistake of thinking "good manners" requires submitting to a flagrant abuse of your time and good faith. When a relationship encounters the kinds of problems you're describing, it's perfectly polite to be honest about how you feel, and move on.

Need advice?
Email Ellen:
scene@metronews.ca



© Ari Castillo

ROSEMARY WESTWOOD

metroview

Police transparency is key to improving sex assault outcomes

The spotlight on how this country handles sexual assault has descended on Ottawa, and it isn't pretty: Sexual assault charges have reached their lowest rate in seven years.

According to police data obtained by Metro, 39 per cent of sexual assault complaints led to charges in 2014, a year that also saw a sharp drop in complaints brought to police compared to 2013. The charge rate has never gotten higher than 50 per cent since 2007.

The data is only the latest revealed by a Metro investigation that found 2,538 sexual assaults were deemed "unfounded" by police in the past 15 years, a statistic that advocates have called shocking.

But the charge rate is particularly upsetting since this data represents only a sliver of sexual assaults committed in that city, and this country.

Post-Ghomeshi trial, that shouldn't be news to you. You've probably heard ad nauseum that only five per cent of sexual assaults are reported to police, and only 0.2 per cent end in convictions.

Insp. John Maxwell, who works in Ottawa police Major Case Investigations, told my colleague Joe Lofaro, "If we close a file without a charge, then there's a good reason for it. This is what we do." Investigations have become more complicated with the rise of technology, he added.

But with all due respect to investigators, we need to know more about what constitutes a "good reason" for abandoning a complaint, especially since charge rates for non-sexual assaults in Ottawa are consistently higher — from 64 to 73 per cent since 2007.

In this light, it's galling that Ottawa Inspector John Maxwell laid the lack of charges, in part, at the feet of women.

Last week, he told Metro Ottawa that some complainants don't want to go through with laying charges, for a variety of reasons. If he was talking about five per cent of the cases, then he's indeed correct. The new data shows that, in 2014, only 33 of the 743 sexual assault reports ended without charges because complainants changed their minds. So: what about the remaining 55 per cent?

What this data shows is that police actions remain far more opaque than the courts. Where it's easy to pull up verdicts, it's far harder to track the trajectory of complaints as they make their way through police stations.

Police don't keep such data available online, and it can take days — or in Ottawa's case a series of information requests — to uncover it. But this data is key to doing better. It's not good enough to offer generalized explanations. It's time to dig into the nitty-gritty.

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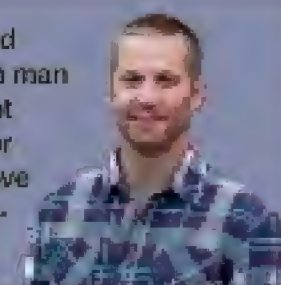
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RECIPE

ROASTED SEA BASS, FENNEL & TOMATOES

Serves: 6
Prep time: 20 minutes
Cooking time: 35 minutes

Ingredients:

- 1 large fennel bulb, cored and thinly sliced, about 4-5 cups sliced
- 1 tbsp olive oil
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ¼ tsp dried oregano
- Pinch crushed red pepper flakes
- 1 large yellow onion, cut in half and thinly sliced
- 2 large garlic cloves, minced
- 1 tsp fennel seeds
- ½ tsp dried oregano
- ½ tsp sugar
- ½ tsp kosher salt
- ¼ tsp freshly ground black pepper
- ½ cup dry white wine
- 1 can (28 oz) whole tomatoes, drained (liquid discarded) and coarsely chopped
- 2 tbsp chopped fresh flat-leaf parsley
- 1 tsp lemon zest
- 6 sea bass fillets (6 oz each)
- ¼ tsp kosher salt
- ¼ tsp freshly ground black pepper
- Fennel fronds, for garnish
- Lemon zest, for garnish

Directions:

1. Preheat oven to 450°F. In a large bowl, toss sliced fennel with 1 tablespoon olive oil, salt, pepper, oregano and crushed red pepper flakes. Place in a 13- x 9-inch baking dish and roast for 15 minutes. Stir and continue to cook until tender, 5-8 minutes more.

2. While fennel is roasting, heat 1 tablespoon olive oil in a large

skillet over medium heat. Add onion and cook, stirring, 4-5 minutes until tender. Add garlic, fennel seeds, oregano, sugar, salt and pepper. Cook, stirring, for 1 minute. Increase heat to high, add wine and let it reduce for 1 minute. Stir in tomatoes, reduce heat to low, cover and simmer for 10 minutes. Remove from heat and stir in parsley and lemon zest.

3. Remove fennel from oven and

lower temperature to 400°F. Pat fish dry with paper towel and season fish with salt and pepper. Place the fish over the fennel, top with tomato-onion mixture and place in oven for 10-15 minutes, until cooked through. Garnish with fennel fronds and lemon zest.

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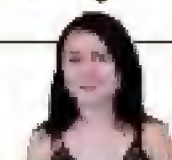


Real world cooking

COOKBOOK

Finding a happy medium between Martha Stewart and Rachael Ray

Melita Kuburas
Metro | Life



Julie Albert and Lisa Gnat will stop at nothing to get people to pick up their book and start cooking.

And, the Toronto sisters know recommendations from foodies and celebs are a serious form of currency. Astronaut Chris Hadfield, chef Michael Smith, actor Jason Alexander and singer Jon Bon Jovi are a few of the big names whose praise appears in the intro for their new book, *Lick Your Plate* (Appetite by Random House).

"We'll take any angle we can to try to get to certain people who we admire or adore. We're huge *Seinfeld* fans, and of course Jon Bon Jovi remains my 16-year-old crush," jokes Albert, an admitted inexpert in the kitchen. She's in charge of writing and visuals

in the sisters' growing food empire, which now includes three books and a website, *Bite Me More*.

Their playful tone has stayed the same since they self-published in 2009, but their esthetic has been "fine-tuned," moving away from kitschy towards modern graphic design, says Albert.

Ben Wiseman, who has created colour-pop covers for *Time*, *New York Times* and *Newsweek* magazines, illustrated chapter sections, the more than 100 food photographs mimicking his style with bright pinks, blues and yellows serving as background to the plating.

The book aims to help home cooks elevate simple dishes — without taking up too much time — and take the thinking out of daily meal planning.

"We're not Martha telling someone to make the eight-hour broth, but we're also not Rachael Ray saying put cheese on toast. There is that happy medium," says Gnat, who developed the recipes.

The sisters say they understand the importance of accessible recipes, where all the ingredients can be bought in one shop.

"We love and admire 'the foodie' and we're happy to sit down to a gourmet meal. And we are all about fresh flavours and great food. But we also live in the real world with six kids between us. We don't always have that sort of time and inclination to go on a goose chase for fig paste," says Albert.

I love how the fennel gets very sweet when you roast it. It's a super healthy dish.

Lisa Gnat



Lisa Gnat and Julie Albert

HANDOUT



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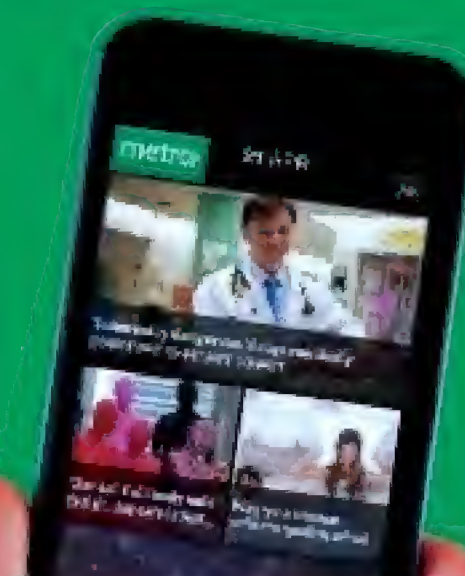


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JOHANNA SCHNELLER
WHAT I'M WATCHING

Walking a fine feminist line

THE SHOW: *The Fall*, Season 1, Episode 3 (Netflix)
THE MOMENT: The media lesson

Detective Superintendent Stella Gibson (Gillian Anderson) has come from London to help Belfast police catch a serial killer of young women. (We know the murderer is Paul Spector, a father played by 50 Shades of Grey hunk Jamie Dornan, but the cops don't.) Soft on the surface — whispery voice, silk blouses, lace bras — but cold steel underneath, Stella mesmerizes men. Including Paul.

In a meeting, she instructs her force about speaking to the press.

"The media lives to divide women into virgins and vamps, angels or whores," she says. "Let's not encourage them."

Her boss Jim (John Lynch) calls her into the hall. (They were lovers, and he's still smitten.) He reprimands her for sleeping with another officer. "You didn't think to ask if he was married?" Jim sputters.

He didn't think to tell me," Stella answers serenely. Jim glares at her.

Remaining serene, she says, "Man f'cks woman, that's okay. Woman f'cks man — that's not comfortable for you, is it?"

This series walks a fascinating knife-edge. On one side, it's packed with feminist rhetoric, as above. On the other, it lovingly shows women being terrorized, tortured, murdered and turned into dolls (Paul bathes and poses his victims' corpses).

It creates a high-end peep show, and then scolds us and implicates us for peeping. It's hugely hypocritical. Yet in its very hypocrisy, it calls more attention to, and makes you think more about, how popular entertainment uses women than any other show. You mustn't look, but you mustn't look away.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Gillian Anderson is Detective Stella Gibson in *The Fall*.
CONTRIBUTED

LIQUID ASSETS



Oz is more than just Down Under

The last time I was Down Under I debated winemakers about how they were going to move past their generic "drink Australia" mantra. They argued their unique regions were the key to defining individual wines. My opinion is that while the average Canadian may be

able to find Oz on a map, I'd bet they couldn't put their finger on Sydney, let alone South Australia, the country's most famous wine producer. As I predicted, Aussie attempts to turn geography into celebrity have met with uneven success. The makers of Mallee Rock 2014 Shiraz Cabernet Sauvignon (\$12.49-\$16.99) have bet on the larger southeastern Limestone Coast sub-region in South Australia. Deeply fruited, it's a barbecue-friendly red with hints of mallee (eucalyptus).
PETER ROCKWELL/METRO

GOSSIP

Amy Schumer calls out Glamour

Irene Kuan
Metro Canada

Amy Schumer makes it clear she has nothing against being 'plus-size', but slams Glamour Magazine for including her in their "Chic at Every Size" issue without asking for her first.

The comedic actress posted on Instagram a closeup of the magazine, which lists celebs

Melissa McCarthy, Adele, Ashley Graham and herself, along with this caption:

"Plus size is considered size 16 in America. I go between a size 6 and 8. @glamourmag put me in their plus size only issue without asking or letting me know and it doesn't feel right".... and asking her followers what their thoughts are about her inclusion in the issue.

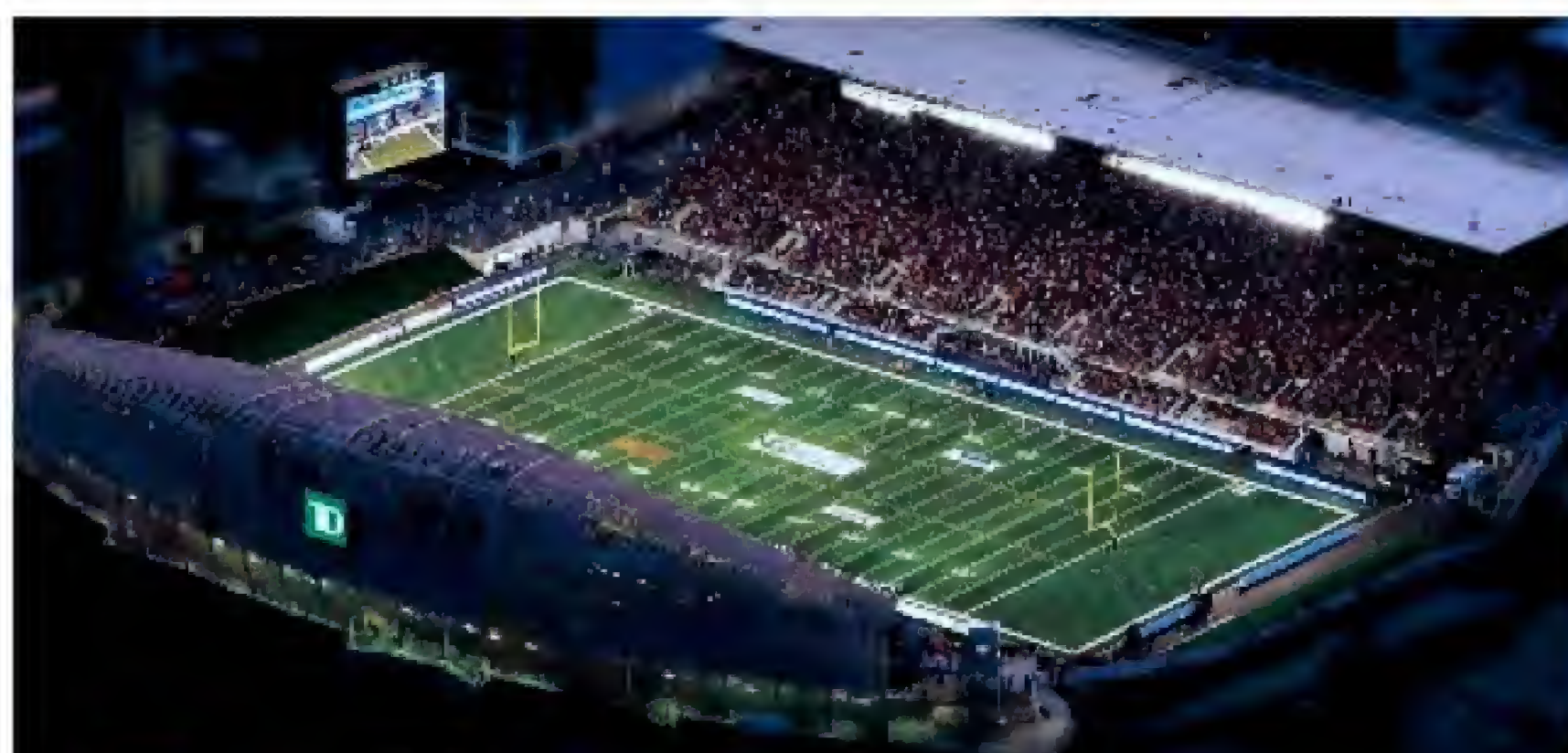
The post has so far received

more than 50,000 likes and 4,200 comments, with many of her fans equally irked by the magazine labelling her plus size.

Glamour Magazine, which honoured Schumer with their Trailblazer award at the 2015 Glamour Awards, and where the actress gave a



hilarious acceptance speech about not apologizing for who she is, issued this statement: "First off, we love Amy, and our readers do too — which is why we featured her on the cover of Glamour last year."



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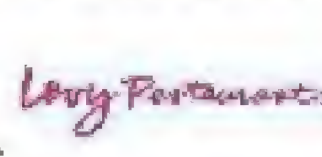
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Laramie model shown

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Businessman Miles Nadal buys Fiat used by Pope for \$300,000

Trailhawk is not just a looker



REVIEW

Rugged style backed up by actual rugged capabilities

Mike Goetz
For Metro Canada



Jeep is one of the fastest rising automotive brands here in North America, and even more so in Europe.

And the Jeeps that are selling in numbers are not the ones you see on mountain goat paths, they're the ones you see in the parking lots at Costco and Ikea.

But while parent company Fiat Chrysler Automobiles (FCA) obviously knows how to leverage and market Jeep's high profile and iconic look to a broader and less adventurous audience, you have to also give them credit for continuing to make a select number of Jeeps in the original, rough and ready mode.

In addition to the Wrangler, proficient Jeep off-roaders can be found throughout the line-up — a prime example is our test subject this week, the Cherokee Trailhawk. "Normal" 4X4 Cherokees are already quite off-road capable, owing to a sophisticated driver-selectable five-mode all-terrain system (Auto, Snow, Sport, Sand/Mud, and Rock). Trailhawk models add locking rear differential, increased approach and departure angles and ground clearance, skid plates, and 17-inch all-terrain tires.

The amazing thing about mod-

ern rock climbers like Trailhawk is that they don't punish you when you're not rock climbing. Other than a bit more tire noise, the Cherokee Trailhawk was a model of civility on the streets and the highways.

FCA's high-tech, nine-speed automatic transmission had some teething problems, but they've sorted them; it shifts smoothly and gives the Cherokee a relaxed gate on the highway.

Our tester had the optional 3.2-litre V6, which is refined and powerful, and now features automatic stop-start to save a bit more fuel. A Trailhawk 4X4 model with this engine is not your fuel efficiency choice in the compact crossover segment — its combined city/highway rating is 10.8 L/100 km.

The interior is well executed and appointed, capped off by FCA's new wiz-bang 8.4-inch Uconnect touchscreen. Always one of the more intuitive and easy-to-use systems, it now features a "Drop and Drag" feature that allows you to locate your preferred app icons on the screen, Siri Eyes Free, and Do-Not-Disturb, which automatically routes phone calls and texts direct to voice mail. Our fully-loaded tester just nudged over the \$40,000 mark. A lot of money for a compact based SUV, but it's dense with technology and capability, and you can certainly get a Trailhawk for less.

While the interior feels spacious, the cargo area is a bit wanting. The only other caveat would be the front end styling, which is polarizing. To some it's what makes this a sleek Jeep, to others it's an angry snout.

THE CHECKLIST 2016 JEEP CHEROKEE TRAILHAWK

THE BASICS

- **Type.** Five-door, five-passenger, 4WD, compact SUV
- **Power.** 184-hp 2.4-litre I4, 271-hp 3.2-litre V6
- **Transmission.** Nine-speed automatic
- **Price.** Base \$34,695 (plus destination)

COOL FEATURES

- AWD features several terrain modes, and also automatically disconnects rear axle, when AWD not needed, to increase fuel efficiency.
- You can drop and drag apps via their corresponding icons, to the touch screen, to customize the screen.
- Full suite of safety systems available.



CHEROKEE PHOTOS MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- Named Four Wheeler Magazine's 2015 Four Wheeler of the Year.
- Best in class trailer tow capability of 2,041 kg.
- Based on FCA's "Compact Platform," which also underpins Dodge Dart and Chrysler 200.

MARKET POSITION

- Cherokee slots between smaller Renegade and larger Grand Cherokee in Jeep's line-up.
- Best-selling Jeep nameplate in Canada, and 15th overall best selling vehicle in the country.

THE COMPETITION



Ford Escape AWD
Base price: \$26,699



Toyota RAV4 AWD
Base price: \$27,505



Nissan Rogue AWD
Base price: \$26,948

KANSAS CITY ROYALS

Ford unveils a Most Valuable Pickup

To mark the Kansas City Royals' World Series victory, Ford has taken the wraps off a special-edition pickup that will be built in Kansas City and strictly limited to 300 examples.

The Ford F-150 MVP is available in two exterior paint finishes — Oxford White or Blue Flame — and the motivation behind its creation came from a local baseball fan, Marc Lassalle, who wanted the company to recognize his favourite team's achievement.

This is only the second time in the Royals' history that it has won the championship.

The first time was in 1985, and on that occasion Ford — which has a huge manufacturing presence in the city — built a commemorative Ranger.

"Like our manufacturing team members at the Kansas City Assembly Plant, the Kansas City Royals are a great example of what terrific teamwork can accomplish," said Gary Johnson, Ford's vice-president for North America manufacturing.

This connection is also why Bret Saberhagen (who played on the 1985 team) and cur-

rent Kansas City Royals star Salvador Pérez were chosen to introduce the new truck to the public.

As well as a special paint finish, the MVP stands out from other F-150s thanks to unique badging, stainless steel rocker panels with a polished finish and a spray-in bedliner. The truck is based on the XLT model with a chrome package, so as well as boasting a six-speed transmission with settings for towing and hauling and for better performance when heading off road, it also gets the added esthetics

of chrome-effect grille, fenders and door handles.

The mid-level specifications mean that while it is a premium vehicle in terms of numbers, it will be one that won't come with a financial premium for the average baseball fan wanting a vehicular memento of his or her team's achievements.

This connection with the fans is also why potential customers will have to travel to Kansas City to get one — it is being sold exclusively via the city's Ford dealers.

AFP



The 2016 Ford F-150 MVP Edition. FORD MOTOR COMPANY

Honda's hydrogen-fuel cell foray

UNITED KINGDOM

More Brits going electric

Plug-in vehicle registrations in the United Kingdom reached a record in 2015 as 28,188 new ultra-low emission vehicles were registered, said British Transport Minister Andrew Jones. That's more than the totals for the past five years rolled into one. The switch to electric power marked a 94 per cent annual rise compared to the previous year.



TEXT AND IMAGES BY WHEELBASE MEDIA

FIAT CHRYSLER

FCA drops the Dart

In a move to increase lagging profits, Fiat Chrysler Automobiles (FCA) will stop building compact and mid-size sedans to focus more on large wagons and trucks, saying that in a time of cheap gas, small cars don't sell but big, thirsty trucks do. On the heels of 2015, CEO Sergio Marchionne announced the company would kill off the Dart and 200 small sedans.



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news



CALIFORNIA

Honda poised to enter fuel-cell derby

Honda's entry into the embryonic hydrogen-fuel-cell market, the 2017 Honda Clarity Fuel Cell, will be available in certain parts of California later this year, priced around \$60,000 US with a monthly lease rate of "under \$500." That's very close to the \$57,500 US base price and \$499 US lease rate for the 2016 Toyota Mirai, which is already on sale at eight California Toyota dealers, notes alternative-vehicle Web site Green Car Reports. The Hyundai Tucson Fuel Cell is also available for lease in California for \$499 US a month as select Hyundai dealers. All three automakers are limiting their initial fuel-cell vehicle sales to California because it is the only state with any significant hydrogen-fueling infrastructure.

PRODUCTION

Brussels sprouts electric Audi plant

Production of the first purely electric driven Audi wagon will begin at a plant in Brussels, Belgium, in 2018, the automaker says. The plant will also produce its own batteries. The Audi E-tron Quattro concept presented at the 2015 Frankfurt Motor Show in Germany provides a clear indication of the final product version, Audi relayed in a statement. The electric tall wagon will fit between the full-size Q7 and the smaller Q5 in the product portfolio. Equipped with three electric motors and a high-capacity battery, the E-tron will have full everyday practicality with a claimed maximum range of more than 500 kilometres.



+ IN BRIEF

Germany mulls electrification subsidies

Germany's economy minister wants to commit the equivalent of \$2.17 billion US to encourage electric-vehicle sales. Sigmar Gabriel said buyers of electric cars would receive a subsidy from the government, but gave no further details, reported Reuters news service. Gabriel also wants to expand Germany's network of charging stations and encourage federal offices to use electric cars, an initiative that would be funded under the current German budget without tax increases, he said.



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ROGUE*



SL AWD Premium model shown*

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1.8 SR model shown*

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AVAILABLE FEATURES INCLUDE:

• CLASS EXCLUSIVE EZ FLEX SEATING*
• CLASS EXCLUSIVE INTUITIVE 4WD*



Platinum model shown*

ALREADY DRIVING A NISSAN? OUR LOYALTY PROGRAM HAS GREAT OFFERS!

OFFERS END MAY 2ND • VISIT CHOOSENISSAN.CA OR YOUR LOCAL RETAILER

Offers available from April 1 – May 2, 2016. *Payments cannot be made on a weekly basis, for advertising purposes only. *No-charge extended warranty is valid for up to 60 months or 100,000 km (whichever occurs first) from the warranty start date and zero (0) kilometers. Some conditions/limitations apply. The No-charge extended warranty is the Nissan Added Security Plan ("ASP") and is administered by Nissan Canada Extended Services INC. ("NCESI"). In all provinces NCESI is the obligor. This offer includes the gold level of coverage. The offer is available on purchase lease or finance of a new 2016 Sentra, 2016 Altima, 2016 Juke, 2016 Murano, 2015 Micra, 2016 Versa Note, 2015 Sentra, 2016 Rogue, 2015 Altima, 2015 Pathfinder, 2016 Pathfinder. *2 Monthly payments on us is available to customers who lease or finance a new 2016 Micra // 2016 Sentra, 2016 Altima, 2016 Juke, 2016 Murano // 2015 Micra, 2015 Versa Note, 2015 Sentra, 2016 Rogue // 2015 Altima, 2015 Pathfinder, 2016 Pathfinder through NCF and refers to the first two (2) monthly lease payments or first two (2) monthly finance payments. A customer's first two monthly payments (inclusive of all taxes) will be waived, up to a maximum of \$275 // \$375 // \$500 // \$750 per month and does not include down payment or security deposits. After two months, the customer will be required to make all remaining regularly scheduled payments over the remaining term of the contract. Customers must be approved to lease or finance through NCF. Cash purchase buyers or buyers who finance outside of Nissan Finance are also not eligible for this choice. *My Choice bonus cash \$500 // \$750 // \$1,000 // \$1,000 // \$1,000 // \$1,500 is applicable to a new 2016 Micra // 2016 Sentra, 2016 Altima, 2016 Juke, 2016 Murano // 2015 Micra, 2016 Versa Note // 2016 Rogue // 2016 Sentra // 2015 Altima, 2015 Pathfinder, 2016 Pathfinder which will be deducted from the negotiated selling price before taxes. \$500 // \$750 // \$1,000 // \$1,000 // \$1,000 // \$1,500 consists of \$500 // \$500 // \$500 // \$700 // \$1,000 // \$1,200 NCI contribution and \$0 // \$250 // \$150 // \$0 // \$300 // \$300 dealer participation. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). 0% lease APR for a 24 month term equals monthly payments of \$379 with \$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$9,084. \$1,000 My Choice bonus cash included in advertised offer. *Representative finance offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00). Selling price is \$25,874 financed at 0% APR equals 24 monthly payments of \$1,078 monthly for a 24 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$25,874. \$1,000 My Choice bonus cash included in advertised offer. *Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Rogue SV Special Edition FWD (Y6SG16 AA00)/2016 Sentra 1.8 S M6 (C4LG56 AA00)/2016 Pathfinder S 4 X2 (5XRG16 AA00). 1.49%/1.49%/1.99%/2.99% lease APR for a 60/60/60/60 month term equals monthly payments of \$258/\$289/\$199/\$374 with \$0/\$0/\$0/\$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$15,466/\$17,330/\$11,359/\$22,445. \$1,000/\$1,000/\$750/\$1,500 My Choice Bonus cash included in advertised offer. \$200 lease cash applicable on 2016 Sentra 1.8 S M6 (C4LG56 AA00) included in advertised offer. *Model shown \$37,471/\$24,329/\$16,824 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SR CVT (C4LG16 AA00)/2016 Pathfinder Platinum 4x4 (5XEG16 AA00). ***Freight and PDE charges \$1,795/\$1,600/\$1,795 air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit Nissan.ca/loyalty. *Ward's Large Cross Utility Market Segmentation. MY16 Pathfinder vs 2016 and 2015 Large Cross/Utility Class. 2016 Sentra/2016 Rogue recognized as IIHS top safety picks when equipped with Forward Emergency Braking. For more information see www.iihs.org. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

SMART CARS

Is a mini breathalyzer the key to stopping drunk driving?

Honda and Hitachi have developed a miniature prototype breathalyzer that can be integrated into a smart-car key.

There are already a number of high-tech devices either on the market or in development focused on helping drivers know their alcoholic limits.

The most high-profile is the DADSS, a system being developed by the U.S. Department

of Transportation's National Highway Traffic Safety Administration that could soon become standard in-cabin equipment on new cars sold in North America.

However, what sets Honda's portable alcohol detection device apart from the others is that it is mobile — it can be used anywhere and at any time as a breathalyzer. This mobility means, according to its makers, that

a user doesn't have to get into his or her car to perform a breath test.

This minimizes any temptation to drive.

Likewise, the fact that it's integrated into the car key means that three seconds after providing a breath sample, if too much alcohol is detected, the key will no longer open or start the car.

In order to build a breathalyzer compact enough to fit

into a key not much larger and thicker than a credit card, Hitachi had to develop a sensor that was tiny (just five millimetres in area), yet good enough to detect as little as 0.015mg/l of ethanol concentration in a person's breath.

It achieves its readings by also measuring exhaled hydrogen and metabolized acetaldehyde and by using an algorithm to make a calculation based on the concentration of the three substances.

It is currently calibrated in accordance with Japan's drunk driving laws, but the intention is to tune the smart key for different markets and laws.

On April 12, the companies will be officially presenting the prototype and its research at the SAE World Congress in Detroit.

AFP

+ POTENTIAL

Though just a prototype at the moment, Honda and Hitachi want to commercialize the device and the technology behind it quickly, and to do so, it will have to go through rigorous testing in terms of its accuracy.

Supercars, super practical car awarded

RED DOT JURY

'Best of the Best' includes the humble Kia that could

Two supercars and a super-practical sedan have all been given best-of-the-best design status by the Red Dot jury.

Which is better, a Ferrari 488 GTB or a McLaren 570S? It turns out that from a design perspective, even the jury of experts that decide the annual Red Dot awards — and which for the first time included legendary automotive designer Chris Bangle on its panel — can't decide either.

Both supercars have been given top honours, a "Best of the Best" award in the product design category.

Ferrari tends to scoop up a Red Dot award every time it launches a new car, but for McLaren, which has only been in business since 2010, it's a huge achievement.

"The 570S Coupe has enjoyed a fantastic reception since launching last year, and to be recognized by Red Dot with a 'Best of the Best' title is a real honour," said the car's chief designer, Rob Melville.

However, for those that believe innovative or desirable automotive esthetics are still the domain of dream car companies, the two mid-engine turbocharged V8 320 km/h+ supercars have this year been joined in the best of the best category by the Kia Optima.

Unlike the other winners, this is a practical, comfortable and affordable four-door sedan and crucially, one developed by a design team based in the U.S.,

Korea and Germany to ensure visual appeal.

"Our international design team has every cause to be exceptionally proud of these most recent awards," said Peter Schreyer, president and chief designer of Kia Motors Corporation and Hyundai Motor Group.

In all, 5,200 items, from smart thermostats and stylish chairs to designer sunglasses and luxury pens, were entered for consideration in the product design category for this year's Red Dot Design Awards.

Of that number this year's 41-strong jury gave out the top honour to just 79 entries in total. The "standard" Red Dot award was won by 1304 products and a further 107 gained an "honourable mention."

The full list of Red Dot winners across all 21 categories — including for vehicles — will be announced in Essen, Germany, at the Red Dot Gala and Awards ceremony on July 4. AFP



Our international design team has every cause to be exceptionally proud of these most recent awards.

Peter Schreyer, president and chief designer of Kia Motors Corporation and Hyundai Motor Group

The Ferrari 488 GTB (top left), McLaren 570S (top right) and Kia Optima (above) were all honoured by the Red Dot Jury. CONTRIBUTED

GMC PRECISION TRUCK MONTH

APPLY FOR A \$1,000 GM CARD APPLICATION BONUS

SIERRA KODIAK EDITION



UP TO **\$10,000** IN TOTAL VALUE¹

INCLUDES: \$3,000 DELIVERY CREDIT, \$5,160 CASH CREDIT, \$820 PACKAGE DISCOUNT, \$1,000 GM CARD APPLICATION BONUS² ON 2016 SIERRA DOUBLE CAB KODIAK EDITION.



TRAILERING EQUIPMENT



REMOTE VEHICLE STARTER SYSTEM



DUAL-ZONE CLIMATE CONTROL

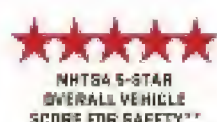
2016 GMC SIERRA 1500 DOUBLE CAB 4X4



SIERRA 1500 ELEVATION EDITION DOUBLE CAB SHOWN¹

LEASE **\$159** @ **0%** OR FINANCE **\$169** @ **0%** OR **\$159** @ **0%** OR **\$169** @ **0%**
BI-WEEKLY FOR 24 MONTHS² FOR 72 MONTHS³

\$1,050 DOWN PAYMENT, \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI, LEVIES, \$4,000 CREDIT⁴ & \$1,000 GM CARD APPLICATION BONUS.²



EDITION INCLUDES:

- 20" BLACK-PAINTED ALLOY WHEELS
- BODY COLOUR GRILLE AND BUMPERS

- AUTOMATIC LOCKING REAR DIFFERENTIAL
- REMOTE KEYLESS ENTRY INCLUDING TAILGATE

- BACKUP CAMERA
- 7" DIGITAL DISPLAY

2016 GMC SIERRA 1500 CREW CAB 4X4

LEASE **\$169** @ **0%** OR FINANCE **\$169** @ **0%**
BI-WEEKLY FOR 24 MONTHS² FOR 72 MONTHS³

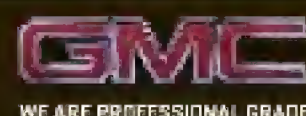
\$600 DOWN PAYMENT, \$0 SECURITY DEPOSIT. TAXES NOT INCLUDED. INCLUDES FREIGHT, PDI, LEVIES, \$3,000 CREDIT⁴ & \$1,000 GM CARD APPLICATION BONUS.²



SIERRA 1500 ALL-TERRAIN CREW CAB SHOWN¹



WHILE INVENTORY LASTS.



WE ARE PROFESSIONAL GRADE

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR POWERTRAIN WARRANTY**
Whichever comes first. See dealer for limited warranty details.⁴

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPST. Consumers may be required to pay up to \$799 for Dealer fees.^{4,5,6}

Visit us at: **GMC.GM.CA**

For the latest information, visit us at gmc.ca, drop by your local GMC Dealer or call us at 1-800-GM-DRIVE. ¹Offer valid to eligible retail lessees in Canada who have entered into a lease agreement with GM Financial and accept delivery (between April 1 - May 2, 2016, of a new or demonstrator 2016 model year Chevrolet, Buick or GMC model excluding Chevrolet Colorado 2SA, Chevrolet Silverado (all), GMC Canyon 2SA and GMC Sierra (all). General Motors of Canada will pay one monthly lease payment or two bi-weekly lease payments as defined on the lease agreement (inclusive of taxes and any applicable pre-rate amount normally due at lease delivery as defined on the lease agreement). After the first month, lessee will be required to make all remaining scheduled payments over the remaining term of the lease agreement. PPST/ADP/PPM is not due. Consumer may be required to pay dealer fees. Insurance, licence and applicable taxes not included. Additional conditions and limitations apply. GM reserves the right to modify or terminate this offer at any time without prior notice. See dealer for details. ²\$10,000 is a combined total credit consisting of a \$3,000 manufacturer-to-dealer delivery credit (tax exclusive) for 2016 Sierra Light Duty Double Cab, \$1,000 GM Card Application Bonus, offer applies to individuals who apply for a Scotiabank GM Visa Card (GM Card) or current GM Card cardholders (tax inclusive), a \$2,155 manufacturer-to-dealer Kodiak package Credit (tax exclusive) for 2016 GMC Sierra Light Duty Double Cab SLE equipped with a Kodiak Edition and a \$3,645 manufacturer-to-dealer cash credit (tax exclusive) on a GMC Sierra Light Duty Double Cab SLE 2WD which is available for cash purchases only and cannot be combined with special lease and finance rates. By selecting lease or finance offers, consumers are foregoing this \$3,645 credit which will result in higher effective interest rates. Discounts vary by model. ³Offer applies to individuals who apply for a Scotiabank® GM Visa® Card (GM Card) or current Scotiabank GM Visa Cardholders. Credit valid toward the retail purchase or lease of one eligible 2016 model-year Chevrolet/Buick/GMC/Cadillac delivered in Canada between April 1 and May 2, 2016. Credit is a manufacturer-to-consumer incentive (tax inclusive) and credit value depends on model purchased. \$500 credit available on: Chevrolet Sonic, Cruze, Malibu, Malibu Limited, Volt and Trax; Buick Verano and Encore. \$750 credit available on: Chevrolet Impala, Camaro, Equinox, Traverse and Colorado (except 2SA); Buick Regal, LaCrosse and Encore; GMC Terrain, Acadia and Canyon (except 2SA). \$1,000 credit available on: Chevrolet Silverado, Silverado HD, Tahoe, Suburban, GMC Sierra, Sierra HD, Yukon and Yukon XL. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Company (GM Canada) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GM Canada dealer for details. GM Canada reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ⁴Offer available to qualified retail customers in Canada for vehicles delivered from April 1st and May 2nd, 2016. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 72 months on all new or demonstrator 2016, Sonic Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: \$20,000 at 0% APR, the monthly payment is \$277.78 for 72 months. Cost of borrowing is \$0, total obligation is \$20,000. Offer is unconditionally interest-free. Freight and air tax (STC, if applicable) included. Licence, insurance, registration, PPST, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ⁵Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ⁶Based on a 48 month lease for 2016 GMC Sierra Double Cab 4x4 1SA 660-H2R+690/Sierra Double Cab Elevation 4x4 1SA+SXL+690 Sierra Crew Cab 4x4 1SA 660-H2R+690. Annual kilometre limit of 20,000 km, \$0.16 per excess kilometre. OAC by GM Financial. Monthly/bi-weekly payments may vary depending on down payment/trade. A down payment or trade of \$1,050/\$1,750/\$800 and/or \$0 security deposit is required. Total obligation is \$9,935/\$10,956/\$9,387. Option to purchase at lease end is \$25,039/\$27,754/\$20,000. Excess wear and tear and km charges not included. Other lease options are available. ⁷\$4,000/\$4,000/\$3,000 is a manufacturer-to-dealer delivery credit (tax exclusive) for 2016 GMC Sierra 1500 Double Cab 4x4 1SA/Sierra 1500 Double Cab Elevation 4x4 1SA/Sierra 1500 Crew Cab 4x4 1SA and is reflected in offers in this advertisement. Other cash credits are available on most models. See dealer for details. ⁸1/2/3/4/5/6/7/8/9/10/11/12/13/14/15/16/17/18/19/20/21/22/23/24/25/26/27/28/29/30/31/32/33/34/35/36/37/38/39/40/41/42/43/44/45/46/47/48/49/50/51/52/53/54/55/56/57/58/59/60/61/62/63/64/65/66/67/68/69/70/71/72/73/74/75/76/77/78/79/80/81/82/83/84/85/86/87/88/89/90/91/92/93/94/95/96/97/98/99/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200/201/202/203/204/205/206/207/208/209/210/211/212/213/214/215/216/217/218/219/220/221/222/223/224/225/226/227/228/229/230/231/232/233/234/235/236/237/238/239/240/241/242/243/244/245/246/247/248/249/250/251/252/253/254/255/256/257/258/259/260/261/262/263/264/265/266/267/268/269/270/271/272/273/274/275/276/277/278/279/280/281/282/283/284/285/286/287/288/289/290/291/292/293/294/295/296/297/298/299/300/301/302/303/304/305/306/307/308/309/310/311/312/313/314/315/316/317/318/319/320/321/322/323/324/325/326/327/328/329/330/331/332/333/334/335/336/337/338/339/340/341/342/343/344/345/346/347/348/349/350/351/352/353/354/355/356/357/358/359/360/361/362/363/364/365/366/367/368/369/370/371/372/373/374/375/376/377/378/379/380/381/382/383/384/385/386/387/388/389/390/391/392/393/394/395/396/397/398/399/400/401/402/403/404/405/406/407/408/409/410/411/412/413/414/415/416/417/418/419/420/421/422/423/424/425/426/427/428/429/430/431/432/433/434/435/436/437/438/439/440/441/442/443/444/445/446/447/448/449/450/451/452/453/454/455/456/457/458/459/460/461/462/463/464/465/466/467/468/469/470/471/472/473/474/475/476/477/478/479/480/481/482/483/484/485/486/487/488/489/490/491/492/493/494/495/496/497/498/499/500/501/502/503/504/505/506/507/508/509/510/511/512/513/514/515/516/517/518/519/520/521/522/523/524/525/526/527/528/529/530/531/532/533/534/535/536/537/538/539/540/541/542/543/544/545/546/547/548/549/550/551/552/553/554/555/556/557/558/559/560/561/562/563/564/565/566/567/568/569/570/571/572/573/574/575/576/577/578/579/580/581/582/583/584/585/586/587/588/589/590/591/592/593/594/595/596/597/598/599/600/601/602/603/604/605/606/607/608/609/610/611/612/613/614/615/616/617/618/619/620/621/622/623/624/625/626/627/628/629/630/631/632/633/634/635/636/637/638/639/640/641/642/643/644/645/646/647/648/649/650/651/652/653/654/655/656/657/658/659/660/661/662/663/664/665/666/667/668/669/670/671/672/673/674/675/676/677/678/679/680/681/682/683/684/685/686/687/688/689/690/691/692/693/694/695/696/697/698/699/700/701/702/703/704/705/706/707/708/709/710/711/712/713/714/715/716/717/718/719/720/721/722/723/724/725/726/727/728/729/730/731/732/733/734/735/736/737/738/739/740/741/742/743/744/745/746/747/748/749/750/751/752/753/754/755/756/757/758/759/760/761/762/763/764/765/766/767/768/769/770/771/772/773/774/775/776/777/778/779/780/781/782/783/784/785/786/787/788/789/790/791/792/793/794/795/796/797/798/799/800/801/802/803/804/805/806/807/808/809/810/811/812/813/814/815/816/817/818/819/820/821/822/823/824/825/826/827/828/829/830/831/832/833/834/835/836/837/838/839/840/841/842/843/844/845/846/847/848/849/850/851/852/853/854/855/856/857/858/859/860/861/862/863/864/865/866/867/868/869/870/871/872/873/874/875/876/877/878/879/880/881/882/883/884/885/886/887/888/889/890/891/892/893/894/895/896/897/898/899/900/901/902/903/904/905/906/907/908/909/910/911/912/913/914/915/916/917/918/919/920/921/922/923/924/925/926/927/928/929/930/931/932/933/934/935/936/937/938/939/940/941/942/943/944/945/946/947/948/949/950/951/952/953/954/955/956/957/958/959/960/961/962/963/964/965/966/967/968/969/970/971/972/973/974/975/976/977/978/979/980/981/982/983/984/985/986/987/988/989/990/991/992/993/994/995/996/997/998/999/1000/1001/1002/1003/1004/1005/1006/1007/1008/1009/1010/1011/1012/1013/1014/1015/1016/1017/1018/1019/1020/1021/1022/1023/1024/1025/1026/1027/1028/1029/1030/1031/1032/1033/1034/1035/1036/1037/1038/1039/1040/1041/1042/1043/1044/1045/1046/1047/1048/1049/1050/1051/1052/1053/1054/1055/1056/1057/1058/1059/1060/1061/1062/1063/1064/1065/1066/1067/1068/1069/1070/1071/1072/1073/1074/1075/1076/1077/1078/1079/1080/1081/1082/1083/1084/1085/1086/1087/1088/1089/1090/1091/1092/1093/1094/1095/1096/1097/1098/1099/1100/1101/1102/1103/1104/1105/1106/1107/1108/1109/1110/1111/1112/1113/1114/1115/1116/1117/1118/1119/1120/1121/1122/1123/1124/1125/1126/1127/1128/1129/1130/1131/1132/1133/1134/1135/1136/1137/1138/1139/1140/1141/1142/1143/1144/1145/1146/1147/1148/1149/1150/1151/1152/1153/1154/1155/1156/1157/1158/1159/1160/1161/1162/1163/1164/1165/1166/1167/1168/1169/1170/1171/1172/1173/1174/1175/1176/1177/1178/1179/1180/1181/1182/1183/1184/1185/1186/1187/1188/1189/1190/1191/1192/1193/1194/1195/1196/1197/1198/1199/1200/1201/1202/1203/1204/1205/1206/1207/1208/1209/1210/1211/1212/1213/1214/1215/1216/1217/1218/1219/1220/1221/1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Mets pitcher Noah Syndergaard struck out nine Royals on Tuesday in Kansas City. ED ZURGA/GETTY IMAGES

Thor, Mets lay down hammer on champs

WORLD SERIES REMATCH
Syndergaard has his way with Royals through six innings

New York Mets right-hander Noah Syndergaard was amused when Kauffman Stadium's speakers played American Woman as he trotted out to the mound for the first inning. The standing-room only crowd of 39,782 fans drowned out the music with its boos. Syndergaard silenced the fans with six dominant innings. Neil Walker hit his first homer with

TUESDAY In K.C.

2

METS

0

ROYALS

the Mets and New York beat Kansas City 2-0 Tuesday after the Royals were given their 2015 World Series rings. Syndergaard (1-0) was the only pitcher to beat the Royals in the World Series last year, winning Game 3 after intentionally throwing his first pitch above Alcides Escobar's head. Escobar started this one with a triple, but then Syndergaard struck out the next three batters and retired 12

straight before Kendrys Morales' double opened the fifth. "That's not the result I wanted, a leadoff triple, but I gained a lot of momentum after that," Syndergaard said. "I just went about my game plan." Syndergaard, whose nickname is Thor, allowed three hits, walked one and struck out nine. Mets manager Terry Collins knew Syndergaard would not be intimidated by the surroundings. "He's not afraid. He's 6-7, 250 pounds," Collins said. "They don't have much fear, those

kind of guys." Syndergaard pitched out of a bases-loaded jam in the sixth, striking out Morales on three swings. The Royals went 0-for-7 with runners in scoring position. The Mets acquired Walker in a December trade with Pittsburgh. He homered off Chris Young (0-1) in the fourth after Yoenis Cespedes walked. That was the first hit Young allowed. Young was pulled after five innings, allowing three hits and three walks while striking out four. THE ASSOCIATED PRESS



The Royals' championship ring
 GETTY IMAGES

TECHNOLOGY

MLB approves wearable technology

Wearable technology is coming to Major League Baseball. The sport's playing rules committee approved two devices for use during games this season, two people familiar with the decision told The Associated Press. The Motus Baseball Sleeve measures stress on elbows and the Zephyr Bio-

“The next thing you know, the pitcher's going to have a phone in his pocket taking selfies.”
 Yankees outfielder Brett Gardner

harness monitors heart and breathing rates. In addition, the committee approved a pair of bat sensors

for use on field during workouts, one from Blast Motion and the other from Diamond Kinetics.

The technology provides the potential for earlier detection of habits that could lead to injuries. However, the union is concerned about player privacy and how teams use the information. Both sides say further discussions are likely in bargaining this year. THE ASSOCIATED PRESS

MLB

Price and Big Papi power Red Sox win

The extra day didn't bother the Red Sox and neither did the stinging cold. New ace David Price delivered in his Boston debut. And, as usual, so did David Ortiz. "When the light goes on, Papi goes on," Ortiz said. Price struck out 10 and won his weather-delayed first start for Boston and Ortiz began his farewell tour with a two-run homer, leading the Red Sox to a 6-2 win over the Cleveland Indians, who were forced to push their season opener back a day because of wintry conditions. Price gave up two runs and five hits in six innings. Boston's Mookie Betts homered in the second off Corey Kluber, tagged with



David Ortiz THE ASSOCIATED PRESS

a loss in the opener for the second straight year. Cleveland's ace gave up four runs and nine hits in 5-1/3 innings. THE ASSOCIATED PRESS

Astros use dribbler to beat Yankees

A freezing opening day at Yankee Stadium turned on a play that caused a hot argument. Carlos Correa reached on an eighth-inning dribbler that Dellin Betances threw over first baseman Mark Teixeira as Jose Altuve scored the tiebreaking run, and the Houston Astros went on to beat the New York Yankees 5-3 Tuesday to win four straight openers for the first time in franchise history. Yankees manager Joe Girardi

argued with plate umpire Dana DeMuth that Correa should have been called out for running on the fair side of the foul line, causing Betances to throw the ball over Teixeira for an error. After the four umpires conferred, the call was upheld and Girardi played the remainder of the game under protest. Luis Valbuena added a two-run single on Betances' 30th and final pitch for a 5-2 lead. THE ASSOCIATED PRESS

☰

LATE MONDAY

“I believe every shot's going in.”

Kris Jenkins whose buzzer-beating three pointer gave Villanova a 77-74 national championship victory over North Carolina with one of the biggest shots in U.S. college basketball history.

Kris Jenkins
GETTY IMAGES

Canada bested by U.S. for women's world hockey title

Alex Carpenter scored the winner as the United States beat Canada 1-0 in overtime on Monday to win the women's world hockey championship.

Carpenter banged home a rebound at 12:30 of the extra period to silence the sold-out crowd in Kamloops, B.C.

Hayley Wickenheiser
THE CANADIAN PRESS

RECIPE Beans & Greens Soup



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

A well-stocked pantry is the backbone of the easy weeknight dinner and this soup (not quite a soup, not quite a stew).

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

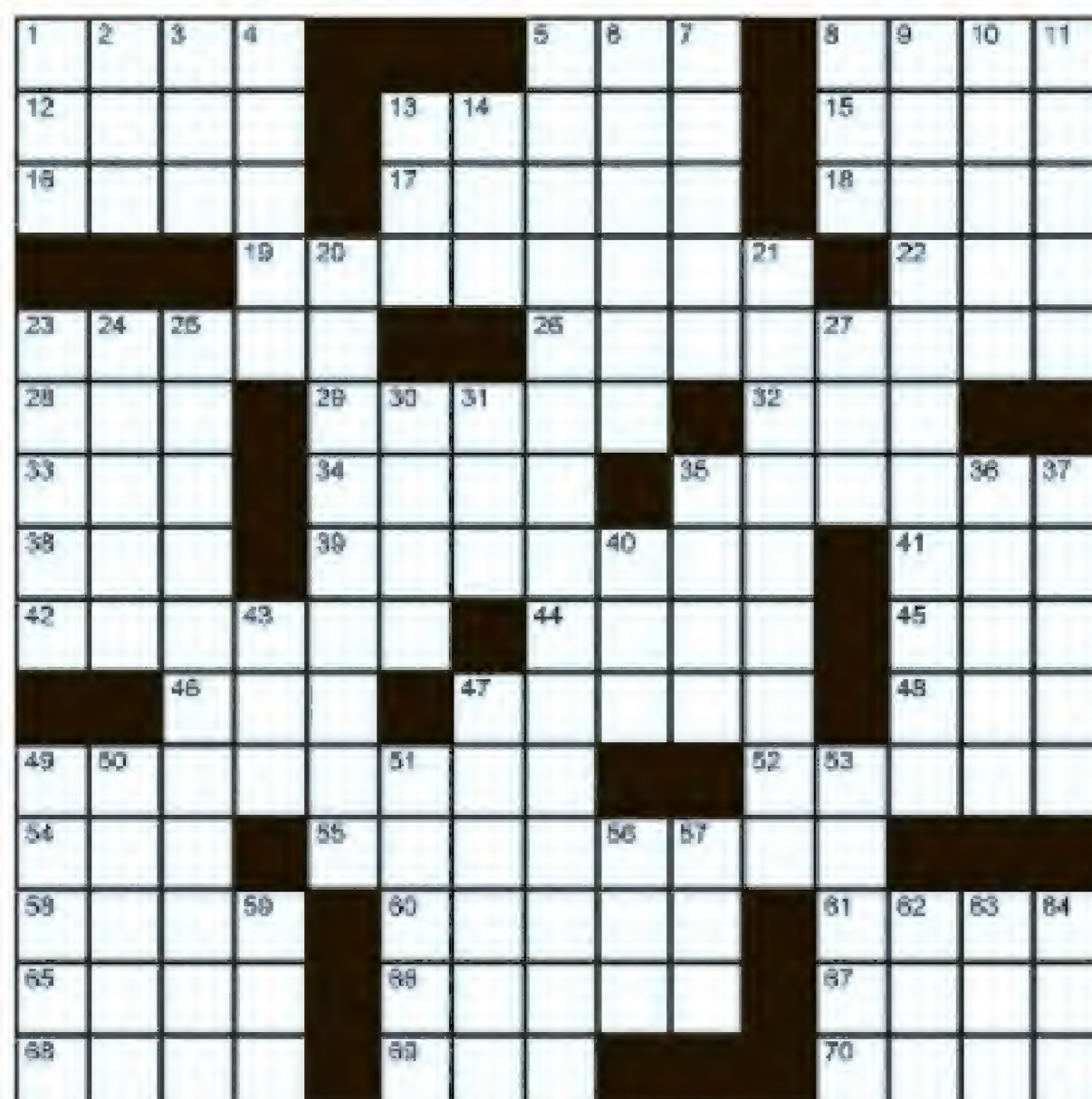
- Ingredients**
- 1/2 cup of olive oil
 - 2 medium onions, diced
 - 3 clove garlic, minced
 - 1 to 2 tablespoons fresh rosemary and thyme, chopped fine
 - 4 cups stock, vegetable or chicken
 - 1 1/4 ounce can of cannellini beans
 - 1 28 ounce can of chick peas
 - approximately 6 cups fresh spinach, wash and stems pinched off
 - salt and pepper to taste
 - 4 pieces baguette cut an inch thick
 - 1/4 - 1/3 cup grated parmesan

- Directions**
1. Sauté onions and garlic in olive oil until quite soft and beginning to turn golden. Add herbs.
 2. Add the beans. Use a potato masher to crush about half of them. Add the stock and stir. Allow to simmer for 10 or 15 minutes.
 3. Fire up the broiler and place the baguette on a cookie sheet. Sprinkle grated cheese on each piece and place under the heat for a couple minutes.
 4. While the cheese is melting, throw the spinach in the soup and stir so it all gets covered by soup and wilts. Taste before adding salt and pepper.
 4. Pull the crostini out of the oven. Ladle soup into a bowl and top with the cheesy bread.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



- ACROSS**
1. Pronged utensil
 5. Can
 8. "The Bridge on the River _" (1957)
 12. Missing from mil. roll call
 13. _ _ chisel (Sculpts)
 15. The bulk
 16. Against
 17. Kind of acid
 18. _ sauce
 19. Toronto-born actress Sheila
 22. Money amt.
 23. _ _ books (Dyer's reads)
 26. City formerly called Constantinople
 28. 'Twenti' tail
 29. Hasn't a _ _ stand on (Doesn't have clout)
 32. Bucharest money
 33. Sundial number
 34. Showroom model, commonly
 35. "Star Trek: The Next Generation" character, Lieutenant Commander _ La Forge
 38. Letters-in-a-row
 39. Donning
 41. Hair accessory
 42. Canadian actress Ms. Grimes
 44. Russian news agency, _TASS
 45. "May _ _ of service?" (Boutique query)
 46. Ti-for- _
 47. Carb-lover's craving
 48. _ Lk (Computer keyboard key)
 49. Appreciative
 52. Actor, Tye _

54. Rapa _ (Easter Island)
55. Answer
58. " _ _ Di..." (Beatles song title bit)
60. " _ _ Nothing" by Whitney Houston
61. "Revolutionary _" (2008)
65. Abound
66. Goat-antelope of Japan
67. Thus
68. Completes
69. "Tut-tut!"
70. Legendary star

- DOWN**
1. Air travel overseer [acronym]
 2. Have
 3. Waste
 4. Gustav _ (The Kiss painter)
 5. "Qwayok" in Nunavut or 'Coal River Springs' in the Yukon: 2 wds.
 6. "Truthfully?"; 3 wds.
 7. Night; German
 8. Hwy. speed units
 9. Like a rustic cabin's stove
 10. Shakespeare play, _ _ Like It
 11. Kelly Clarkson's "Mr. Know _ _"

13. Vancouver sch.
14. " _ _ guy walks into..." (Classic joke intro)
20. North Atlantic fishing show on Discovery Channel, " _ _ Cowboys"
21. Bill and Hillary Clinton in '73 upon finishing studies as law students: 2 wds.
23. Charles and William, but not Andrew and Harry
24. _ Mountains (Range in Quebec)
25. Like Saskatchewan's provincial animal which is a deer
27. Modern
30. Large shoe-width size
31. ABC's early 1970s daytime show
35. Irritating insect
36. Do computer cleaning
37. Articles
40. TGIF part
43. Ms. Portman, to pals
47. Presses, as an elevator button
49. \$1,000: letter + wd.
50. Mr. Studdard
51. "1234" Canadian songstress
53. "Able was _ _ saw Elba" (Palindrome)
56. Egg-related prefix
57. Fresh
59. Pre-lunch hrs.
62. Grampus
63. Toronto museum, commonly
64. Mr. Cheadle

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Tread carefully today, because power struggles with others are inevitable. Therefore, when talking to parents, bosses, teachers and VIPs, remember the power of courtesy.

Taurus April 21 - May 21
You want to research something deeply today. In other words, you want to get to the bottom of something. Well, you will succeed.

Gemini May 22 - June 21
Discussions with a friend or perhaps someone who is a member of a group might come to a head today, especially concerning how to deal with shared property or how to spend an allotted amount of money.

Cancer June 22 - July 23
Be careful when talking to bosses, parents and VIPs today, as well as partners and close friends, because power struggles are par for the course. Don't get suckered into something that's just not worth it.

Leo July 24 - Aug. 23
Avoid controversial subjects like religion, politics and racial issues today, because they will disintegrate quickly into arguments. People are opinionated and unwilling to listen. Yikes!

Virgo Aug. 24 - Sept. 23
Squabbles about inheritances, shared property and debt might arise today, which is why this is not a good day to discuss those subjects.

Libra Sept. 24 - Oct. 23
Arguments upset your peace of mind. You know this. You need harmony in your surroundings. Therefore, avoid heated discussions with partners and close friends.

Scorpio Oct. 24 - Nov. 22
Machinery and heavy equipment might break down on the job today. In addition, discussions with others also might break down. (It's one of those days.)

Sagittarius Nov. 23 - Dec. 21
Be patient when dealing with children today, even if they have hissy fits and meltdowns. (Lots of people feel this way today.) Patience is your best friend.

Capricorn Dec. 22 - Jan. 20
Family discussions might be difficult today if people insist on getting their own way. Step back and give things some breathing space. By tomorrow, a solution might be obvious.

Aquarius Jan. 21 - Feb. 19
Don't come on too strong with others today, because you will blow them away! Remember: If you really want people to listen to you, whisper.

Pisces Feb. 20 - March 20
Quarrels about property and money are likely today. Don't get involved, because by the end of the week, things will work out nicely.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

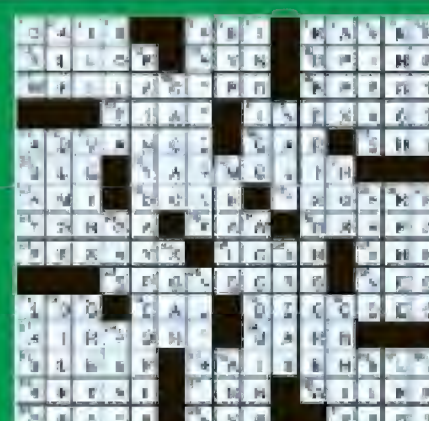


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